



UCCOOK

Easy-Breezy Thai Green Chicken

with brown basmati rice, patty pans & charred aubergine

A timeless dish that takes less time! Charred aubergine, patty pans, and chicken mini fillets become rich with flavour in a creamy Thai green curry sauce. Garnished with fresh basil and spooned over wholesome brown rice and plump peas.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba



Health Nut



Delheim Wines | Wild Ferment Chenin Blanc

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Ingredients & Prep

5ml	Vegetable Stock
50g	Peas
75ml	Brown Basmati Rice
200g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
60g	Patty Pans <i>rinsed, trimmed & quartered</i>
15ml	Thai Green Curry Paste
100ml	Coconut Milk
150g	Free-range Chicken Mini Fillets
4g	Fresh Basil <i>rinsed & roughly sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. A TEENSY BIT OF PREP Boil the kettle. Dilute the stock with 65ml of boiling water and set aside for step 3. Submerge the peas in boiling water and set aside.

2. BUBBLE THE BASMATI Rinse the rice, place in a pot, and submerge in 200ml of salted water. Place over a medium-high heat and pop on a lid. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes.

3. SPICY GREEN GOODNESS Place a pot over a medium heat with a drizzle of oil. When hot, fry the aubergine chunks and quartered patty pans for 2-3 minutes until starting to brown but not cooked through, shifting occasionally. Add the curry paste to taste and fry for 30-60 seconds until fragrant, shifting constantly to coat the veg. Pour in the coconut milk and diluted stock, and mix until the paste is incorporated into the liquid. Pop on a lid and simmer for 4-5 minutes until the veg is cooked through, stirring occasionally.

4. POP IN THE CHICKEN Rinse the chicken to get rid of any residue from the packet and pat dry with paper towel. Once the curry has finished simmering, submerge the chicken in the sauce and simmer for 5-6 minutes until cooked through. On completion, season to taste with salt, pepper, and a sweetener of choice. Remove from the heat.

5. FINISH UP Once the rice has finished steaming, drain if necessary and fluff up with a fork. Drain the peas, add to the rice, and gently toss through.

6. THAI CURRY NIGHT Dish up some warm basmati rice and peas. Smother in the veg-packed Thai chicken curry and garnish with the sliced basil. What a breeze, what a meal. Go Chef!



Chef's Tip

Always add curry paste to your taste preference — you don't have to add it all! When the sauce is nearing completion, taste to test the spice levels. If you'd like to increase the heat, gradually stir in any remaining curry paste.

Nutritional Information

Per 100g

Energy	447kJ
Energy	107Kcal
Protein	7.3g
Carbs	13g
of which sugars	2.1g
Fibre	2.5g
Fat	3.2g
of which saturated	2.1g
Sodium	259mg

Allergens

Allium, Sulphites

Cook
within 2
Days